

Course: Personal Water Safety



Purpose

To build on basic swimming and safety skills and to provide individuals with the knowledge and skills necessary to avoid aquatic emergencies and perform self-rescues in some aquatic emergency situations

Prerequisites

To be eligible for the Personal Water Safety course, participants must be able to demonstrate the following skills:

- Swim the front crawl for 25 yards continuously with face in the water and breathing to the front or side
- Tread water for 1 minute using arms and legs
- Float on front for 15 seconds
- Float on back for 15 seconds
- Submerge and swim a distance of 10 feet under water

Learning Objectives

- Explain techniques that can be used to avoid aquatic emergencies for a variety of aquatic activities
- Explain techniques that can be used to stay safe while boating or operating personal watercraft
- Explain steps to take in the event of a capsized boat
- Demonstrate how to trap air in clothing for buoyancy as a means of self-rescue when not wearing a life jacket
- Demonstrate survival swimming
- Demonstrate the HELP and huddle positions
- Recognize the characteristic behaviors of someone who needs help in the water
- Demonstrate two ways to perform a reaching assist
- Demonstrate a throwing assist using two different pieces of equipment
- Demonstrate a wading assist with equipment
- Demonstrate a 100-yard continuous swim
- Jump into deep water
- Roll from a face-down position to a back float
- Survival float for at least 5 minutes in deep water

Length

Approximately 5 hours

Instructor

Currently authorized Water Safety (r.09) instructor

Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Without coaching or assistance, successfully complete all elements the following exit skills assessment:
 1. Jump into deep water while wearing clothes and inflate a shirt or jacket and pants.
 2. Swim continuously for 100 yards, survival float for 5 minutes, then roll to back and float on back. During the 100-yard continuous swim, participants must demonstrate 25 yards of each of the following strokes:
 - Front crawl
 - Breaststroke
 - Sidestroke
 - Elementary backstroke

Certificate Issued and Validity Period

Personal Water Safety – 3 years

Participant Materials

Swimming and Water Safety manual (StayWell Stock No. 651314) (Recommended, but not required)

OR

Water Safety Handbook (StayWell Stock No. 651306) (Recommended, but not required)